

### **ABSTRACT OF THE DISCLOSURE**

An adhesive tape section having an adhesive region and designed as a polygon having a number of sides and the same number of grip tabs arranged around the adhesive region, or designed as a circle, the adhesive region occupying a central portion of said circle, and a grip tab occupying an outer portion of said circle. The adhesive tape section, when bonded to a substrate, forms a bond with the substrate, which bond is releasible from the substrate by pulling on at least one of said grip tabs in the plane of the bond to stretch the adhesive tape section in the plane of the bond thereby to release the adhesive tape section from the substrate.